



Hallie Henderson

Activities Coordinator/Admin. Assistant, & Expressive Counselor

Education

- △ Utah Tech University, Psychology Major pursuing a career in recreation & expressive therapies (Present)
- △ Desert Hills High School Diploma (2022; 3.8 GPA)

Professional Experience

- △ Activities Coordinator & Admin Asst.
- △ Avid outdoorswoman, with experience in rock climbing, mountain biking, canoeing, kayaking, caving, canyoneering, ATV/UTVing, hiking, backpacking, & several other recreational sports & activities
- △ 10 years of musical training, including Utah Tech's Fusion Team, a premier song and dance group (<https://utea.utahtech.edu/fusion/>), which diversifies her expressive activity portfolio; including music, lyrics, vocals, dance & choreographed & exercise-related body movements
- △ 5+ years of supportive front & backcountry guiding; roving, gopher-ing, pack-horsing, belaying, & other support roles for ARE's outings.
- △ 5 years of adventure-based girls summer camp, & 1 year of youth camp leadership (YCL).
- △ Featured in 'St. George Health & Wellness Magazine' (Nov/Dec 2021 issue; www.stgeorgehealthandwellness.com, page 81)

“What do you get when you cross a collegiate athlete (my mom) with an adventure junkie (my dad) and a musical performer (me)? A high-octane, pitch perfect adventu-lete!” Hallie is an aspiring recreation/ expressive therapist with several years of introductory experience already under her belt. In addition to ARE benefitting from her activities coordination and administrative assistance, Hallie bring a high adventure resume, including long-distance backpacking, rock climbs & rappels, & bungee jumping. Hallie's fitness, social energy, & musical talent helps ‘empower individuals seeking recovery, wellness & healing through Adventure-, Recreation- & Experiential-based therapies.’
www.AREtherapy.com